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## *Falls*

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**Definition:** Respondents ages 45 and older who answered yes to the question “were you injured in a fall; by injured we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor?”

### **Prevalence of Injured in a Fall**

- South Dakota 4.9%
- There is no nationwide percent for being injured in a fall

### **Healthy People 2010 Objective**

*There was no stated Healthy People 2010 Objective for being injured in a fall.*

### **Trend Analysis**

This was the first year this question was asked so no trend analysis could be done.

### **Demographics**

<b>Gender</b>	Females exhibit a much higher incidence of being injured in a fall than males.
<b>Age</b>	There does not seem to be a strong trend regarding the incidence of being injured in a fall as age increases.
<b>Race</b>	American Indians demonstrate a substantially higher incidence of being injured in a fall than whites.
<b>Region</b>	The American Indian counties region shows a very high incidence of being injured in a fall, while the southeast region exhibits a very low incidence.
<b>Household Income</b>	The incidence of being injured in a fall does not really seem to change as household income changes with the exception of the less than \$15,000 income group. This group has a much larger incidence than any other income group.
<b>Education</b>	As education levels increase the incidence of being injured in a fall does not seem to change.
<b>Employment Status</b>	There are no major differences among the various employment status.
<b>Marital Status</b>	Those who are divorced demonstrate a much higher incidence of being injured in a fall than those who are married. This difference is much more evident in females than males.

**Table 72**  
**Respondents, Ages 45 and Older, Who Were Injured in a Fall, 2003**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>3,238</b>	<b>4.9</b>	<b>(4.2-5.7)</b>	<b>1,314</b>	<b>3.6</b>	<b>(2.8-4.8)</b>	<b>1,924</b>	<b>6.0</b>	<b>(4.9-7.3)</b>
<b>Age</b>									
18-24	-	-	-	-	-	-	-	-	-
25-34	-	-	-	-	-	-	-	-	-
35-44	-	-	-	-	-	-	-	-	-
45-54	1,021	5.2	(4.0-6.8)	466	3.8	(2.4-6.0)	555	6.7	(4.8-9.3)
55-64	797	5.1	(3.8-7.0)	335	3.6	(2.1-5.9)	462	6.7	(4.5-9.8)
65-74	687	4.0	(2.8-5.7)	271	2.8	(1.3-5.6)	416	5.1	(3.3-7.6)
75+	700	4.9	(3.5-7.0)	233	4.6	(2.4-8.6)	467	5.2	(3.4-7.9)
<b>Race</b>									
White	3,029	4.7	(4.0-5.6)	1,222	3.7	(2.8-4.9)	1,807	5.6	(4.6-6.9)
American Indian	130	11.5	(6.4-19.8)	*	*	*	*	*	*
<b>Region</b>									
Southeast	780	3.5	(2.5-5.0)	312	1.8	(0.8-3.9)	468	5.0	(3.4-7.4)
Northeast	927	5.7	(4.3-7.5)	375	4.6	(2.9-7.4)	552	6.7	(4.8-9.3)
Central	435	4.7	(2.8-7.7)	181	4.8	(2.3-9.8)	254	4.6	(2.3-9.0)
West	888	5.2	(3.9-7.0)	357	3.6	(2.1-6.1)	531	6.6	(4.6-9.3)
American Indian Counties	208	11.4	(6.8-18.5)	*	*	*	*	*	*
<b>Household Income</b>									
Less than \$15,000	409	11.0	(8.0-14.9)	131	10.5	(6.0-17.8)	278	11.2	(7.6-16.4)
\$15,000-\$19,999	301	4.2	(2.4-7.4)	*	*	*	*	*	*
\$20,000-\$24,999	374	4.0	(2.4-6.6)	145	0.8	(0.2-3.0)	229	6.7	(4.0-11.2)
\$25,000-\$34,999	499	4.0	(2.6-6.3)	229	1.7	(0.7-4.0)	270	6.8	(4.0-11.2)
\$35,000-\$49,999	510	4.9	(3.3-7.3)	223	5.0	(2.7-9.2)	287	4.9	(3.0-7.9)
\$50,000-\$74,999	413	4.2	(2.6-6.7)	206	3.2	(1.5-6.6)	207	5.5	(3.0-9.8)
\$75,000+	335	3.1	(1.7-5.4)	196	2.8	(1.3-5.9)	139	3.5	(1.5-8.3)
<b>Education</b>									
Less than High School	428	7.1	(4.8-10.3)	193	7.0	(4.0-12.1)	235	7.1	(4.1-11.8)
High School or G.E.D.	1,167	4.5	(3.3-6.0)	469	3.5	(2.1-5.7)	698	5.4	(3.7-7.6)
Some Post-High School	845	5.4	(4.0-7.2)	296	4.2	(2.5-7.1)	549	6.3	(4.4-8.7)
College Graduate	788	3.9	(2.7-5.4)	352	1.8	(0.9-3.6)	436	6.0	(4.1-8.8)
<b>Employment Status</b>									
Employed for Wages	1,277	3.6	(2.7-4.8)	500	2.9	(1.8-4.8)	777	4.1	(2.9-5.8)
Self-employed	439	5.2	(3.4-7.9)	302	4.8	(2.9-7.8)	137	6.5	(2.9-13.9)
Unemployed	*	*	*	*	*	*	*	*	*
Homemaker	147	7.4	(4.0-13.3)	*	*	*	*	*	*
Retired	1,240	4.7	(3.6-6.1)	453	3.2	(1.8-5.5)	787	5.8	(4.3-7.8)
Unable to Work	*	*	*	*	*	*	*	*	*
<b>Marital Status</b>									
Married/Unmarried Couple	1,909	4.0	(3.2-4.9)	893	3.1	(2.1-4.4)	1,016	5.0	(3.7-6.6)
Divorced/Separated	444	9.0	(6.4-12.5)	192	6.3	(3.6-10.9)	252	11.4	(7.5-17.0)
Widowed	700	6.1	(4.4-8.6)	119	6.0	(2.2-15.0)	581	6.2	(4.3-8.8)
Never Married	183	5.9	(3.2-10.8)	*	*	*	*	*	*

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Note: \*Results based on sample sizes less than 100 have been suppressed.

## **Further Analysis**

Following are data illustrating the percent of those who were injured in a fall for various health behaviors and conditions. For example, 9 percent of respondents who stated they have fair or poor health were injured in a fall, while 3.9 percent of respondents who stated they have excellent, very good, or good health status were injured in a fall.

**Table 73**  
**Injured in a Fall, Ages 45 and Older, for Selected Health Behaviors and Conditions, 2003**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Injured in a Fall</b>	<b>95% CI</b>
Fair or Poor Health Status	644	9.0	6.9-11.6
Excellent, Very Good, or Good Health Status	2,585	3.9	3.2-4.8
Obese	787	7.0	5.3-9.1
Overweight	2,032	4.9	4.0-6.0
Not Overweight	1,062	5.0	3.7-6.5
No Leisure Time Physical Activity	915	6.2	4.7-8.1
Leisure Time Physical Activity	2,321	4.4	3.6-5.4
No Moderate Physical Activity	1,882	5.5	4.5-6.6
Moderate Physical Activity	1,254	4.0	2.9-5.3
No Vigorous Physical Activity	2,784	4.8	4.0-5.7
Vigorous Physical Activity	416	5.6	3.6-8.7
Not Doing Anything to Control Weight	859	5.0	3.7-6.8
Trying to Lose or Maintain Weight	2,374	4.9	4.0-5.9
Less Than Five Servings of Fruits and Vegetables	2,467	4.9	4.1-5.9
At Least Five Servings of Fruits and Vegetables	771	4.8	3.4-6.8
Current Smoker	572	6.0	4.2-8.5
Former Smoker	1,115	4.0	2.9-5.4
Never Smoked	1,547	5.2	4.1-6.4
Smokeless Tobacco Use	103	4.1	1.6-10.2
No Smokeless Tobacco Use	3,102	5.0	4.2-5.8
Drank Alcohol in Past 30 Days	1,649	4.1	3.2-5.3
No Alcohol in Past 30 Days	1,578	5.8	4.7-7.2
Binge Drinker	260	3.9	2.2-6.9
Not a Binge Drinker	2,955	5.0	4.3-5.9
Heavy Drinker	*	*	*
Not a Heavy Drinker	3,133	5.0	4.2-5.8
Hypertension	1,340	5.5	4.4-6.9
No Hypertension	1,893	4.5	3.6-5.6
High Blood Cholesterol	1,175	5.1	4.0-6.6
No High Blood Cholesterol	1,740	4.6	3.7-5.8
No Mammogram within Past Two Years (40+)	382	4.3	2.6-6.9
Mammogram within Past Two Years (40+)	1,498	6.4	5.2-7.9
Insufficient Cervical Cancer Screening	220	3.8	1.7-8.0
Sufficient Cervical Cancer Screening	1,040	5.1	3.8-6.7
No Health Insurance (18-64)	147	8.0	4.4-14.3
Health Insurance (18-64)	1,646	5.0	4.0-6.2
Employer Based Health Insurance Coverage (18-64)	1,136	4.0	3.0-5.3
Private Plan (18-64)	283	6.4	3.9-10.4
Medicaid or Medical Assistance (18-64)	*	*	*
The Military, CHAMPUS, TriCare, or the VA (18-64)	*	*	*
The Indian Health Service (18-64)	*	*	*
No Flu Shot (65+)	322	3.3	1.7-6.3
Flu Shot (65+)	1,064	4.9	3.7-6.4
No Pneumonia Shot (65+)	497	5.1	3.3-7.7
Pneumonia Shot (65+)	865	4.3	3.1-6.0
Diabetes	396	5.5	3.6-8.4
No Diabetes	2,840	4.8	4.0-5.7
Current Asthma	234	4.5	2.7-7.4
Former Asthma	*	*	*
Never Had Asthma	2,918	4.9	4.1-5.8

**Table 73 (continued)**  
**Injured in a Fall, Ages 45 and Older, for Selected Health Behaviors and Conditions,**  
**2003**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Injured in a Fall</b>	<b>95% CI</b>
Arthritis	1,493	6.8	5.5-8.3
No Arthritis	1,734	3.4	2.6-4.4
Arthritis - Activities Limited	707	10.1	7.9-12.7
No Arthritis - Activities Limited	2,515	3.5	2.9-4.4
Disability - Activities Limited	893	8.7	6.9-10.9
No Disability - Activities Limited	2,335	3.4	2.7-4.3
Disability with Special Equipment Needed	331	13.1	9.6-17.6
No Disability with Special Equipment Needed	2,901	4.0	3.3-4.8
Sunburn in Past 12 Months	813	5.3	4.0-7.1
No Sunburn in Past 12 Months	2,411	4.8	3.9-5.7
Military Veteran	686	3.1	2.0-4.8
Not a Military Veteran	2,541	5.4	4.6-6.4

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Note: \*Results based on sample sizes less than 100 have been suppressed.